

Neuroscience has finally caught up with Scripture

Romans 12:1-2, Be transformed by the renewing of your mind.

Phil 4:8, Fix your thoughts on what is true and good and right.

2 Corinthians 10:5, We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to God.

Proverbs 23:7, As a man thinks in his heart so is he.

Proverbs 4:23, Above all else guard your affections for they influence everything else in your life.

Proverbs 3:8, Wisdom will bring health to your body and nourishment to your bones.

Add your own Scriptures:

HOW TO REWIRE YOUR BRAIN

1. SPEND TIME WITH GOD IN SOLITUDE AND SILENCE JUST LISTENING
2. CHRISTIAN MINDFULNESS
WHICH IS: DEDICATED
PERSISTENT
INTENTIONAL
DEEP THINKING FOCUSED ATTENTION
3. DIRECTED REST A SABBOTH FOR THE MIND
4. MEDITATION ON SCRIPTURE
5. CONTEMPLATIVE PRAYER
6. PRACTICE THE PRESENCE OF GOD THROUGH AWARENESS AND SURRENDER
7. STOP MULTITASKING IT MAKES YOUR BRAIN A MILKSHAKE

CHRISTIAN MINDFUL PRACTICE OVER A REPEATED PERIOD OF TIME WILL CHANGE YOUR LIFE!!

**It takes a minimum of 10 minutes a day and minimum of 21 days
(We recommend the Biblical model of 40 days) for an old thought or
memory to be broken down and die or denature, and for a new
thought or memory to be self-sustaining.
this is what the REMIND EXERCISE DOES**